



be happier • build family
unity • feel great • take
care of latch key children
• reduce unemployment •
in-crease communication
skills • expand knowl-

edge • lose weight • diminish chance of disease • build self-
esteem • reduce stress • promote sensitivity to cultural di-
versity • eliminate loneliness • increase community pride
• reduce crime • provide safe places to play • generate reve-
nue • lower health care costs • meet friends • educate
children and adults • relax • keep business from leaving
• elevate personal growth • strengthen neighborhood involve-
ment • conquer boredom • provide child care • boost economy
• curb employee absenteeism • increase tourism • build
strong bodies • increase property value • attract new
business • preserve plant and animal wildlife • instill
teamwork • live longer • protect the environment • **create
memories** • clean air and water • boost employee
productivity • look better • enhance relationship skills •
decrease insurance premiums • control weight • offer
places for social interaction • diminish gang violence •
teach vital life skills • provide space to enjoy nature . . .
THE BENEFITS ARE ENDLESS

Fall 2010 Program Guide

The 19th Annual Brookfield Family Chiropractic 5K Halloween Run



Date: Sunday, October 31

Time: 5 K Race begins at 10:00 a.m.

Race Day Registration 8:30 to 9:30 a.m.

Place: Brookfield Municipal Center,
100 Pocono Road

Pre-registration fee: \$20.00

Race Day Registration: \$25.00

Walkers welcome! Race features long-sleeve T's to first 350 registered, prizes to top runners in eight age groups, water station, splits at mile marks, prizes for best costumes, and excellent post race refreshments. USATF certified #CT06013JHP.

Associate Sponsors:

Cabot Creamery Cooperative

Iovino Brothers Screenprinting and Promotion

98Q

Tutoring Club of Brookfield

15th Annual Kids K Fun Run



Date: Sunday, October 31

Time: Kids K begins at 9:30 a.m.

Place: Brookfield Municipal Center,
100 Pocono Road

Pre-registration Fee: \$10.00
(Includes prize and t-shirt)

No Race Day Registrations for KIDS K!

Kids K Age Groups: 5 and Under, 6 - 8, 9 - 12

**Please visit our website to download a
registration form.**

Fourth Annual Candlewood Lake Canoe and Kayak Race

On September 26, 2010 Brookfield Parks and Recreation, The Housatonic Valley River Trail, and The Still River Alliance will be sponsoring the **Fourth Annual Candlewood Lake Canoe and Kayak Race** to benefit The Still River. Flatwater Canoe and Kayak racing is a contest of speed, strength and endurance in which participants compete head to head on calm bodies of water. The course is one mile long. There are Canoe and 14 Kayak Racing Divisions as well as a 2-mile Ironman Race. **If you don't have a canoe or kayak – don't miss out – we can get you one to use.** To get more information and a registration form email CCKRace@hotmail.com or look for the link on our website www.brookfield.org/pnr/index.htm.

Annual Scarecrow Decorating Day



If you've ever seen people driving around Town with scarecrows sticking out of their trunks, they were probably on their way home from this popular event! Join us on Saturday, October 2 at 2:00 p.m. in front of the Brookfield Town Hall, 100 Pocono

Road. Please bring along old clothes (shirt and pants), string, scissors, a brown bag or sack for the head and whatever accessories you would like to decorate with. We'll supply the directions, hay, and stakes. And best of all, it's free! Don't forget to pre-register with the Parks & Rec. Office by calling 775-7310 if you are planning on attending. The rain date for this event is Sunday, 10/3.

10th Annual Trick or Treat at Town Hall

Parents and children (infants through grade 1) are invited to "trick or treat" at Town Hall this year on Friday, October 29. Older siblings are also welcome. Office doors will be decorated, and we will be passing out lots of candy! Please be sure to dress in costume and to bring your own candy bag to hold all of your treasures. There is no charge for this event. However, we are asking that each child bring either a non-perishable, "kid-friendly" food item such as peanut butter, jelly, canned spaghetti or ravioli for the food pantry or a monetary donation for the Brookfield Emergency Fund. The Emergency Fund is a non-tax dollar supported fund, which aids Brookfield families in crisis. The collection box for any items will be at the food pantry in Town Hall, across from the Town Clerk's Office on the first floor. Please pre-register by calling Parks & Recreation at 775-7310 by October 27.

Special Events, continued



Haunted House Workshop

Children age 3 – kindergarten and in grades 1 - 4 will decorate their own haunted houses using frosting, candy, and more. Wear a smock or old clothes, and be prepared for a finger-licking good time! Please bring an

empty, rinsed ½ gallon cardboard milk or juice container.

Day: Friday

Date: 10/22

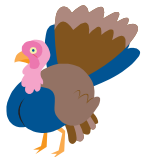
Place: Senior Center, 559B Federal Road

Fee: \$15.00

Time: Tots: 5:00 – 6:00 p.m.

Grades 1-4: 6:00 – 7:00 p.m.

Instructor: Pam Zavarelli



Thanksgiving Turkey Workshop

Children age 3 – kindergarten and in grades 1 - 4 will create a turkey centerpiece for their table. Please wear a smock or old clothes.

Day: Friday

Date: 11/19

Place: Senior Center, 559B Federal Road

Fee: \$15.00

Time: Tots: 5:00 – 6:00 p.m.

Grades 1-4: 6:00 – 7:00 p.m.

Instructor: Pam Zavarelli



Christmas Ornaments Workshop

Children in grades 1 - 4 will make a variety of Christmas ornaments.

Day: Friday

Date: 12/17

Place: Senior Center, 559B Federal Road

Fee: \$15.00

Time: 6:00 – 7:00 p.m.

Instructor: Pam Zavarelli

Tots Holiday Workshop

Children age 3 - 5 will create a holiday masterpiece using a variety of materials. Parents are encouraged to stay.

Day: Friday

Date: 12/17

Place: Senior Center, 559B Federal Road

Fee: \$15.00

Time: 5:00 – 6:00 p.m.

Instructor: Pam Zavarelli



Letters to Santa

Receive a genuine letter from Santa Claus himself! Drop your child's personal letter in the North Pole Mailbox in the Parks & Recreation Office, or mail it to Santa, Attn:

Parks & Recreation Department at P.O. Box 5106. Your child's letter must include a self addressed stamped envelope. Santa himself will mail a personalized letter back in time for Christmas. In order for a timely response, letters will be accepted December 1 – 17.

Get Out of Town



Macy's Thanksgiving Day Parade

Join us on our fourteenth annual *pilgrimage*, enjoying all of the fun with none of the hassle!

Leave from Town Hall at 6:30 a.m., travel by coach bus to witness this NYC tradition, and still be home by approximately 1:30 p.m. to watch football and eat dinner.

Register before all the seats are *gobbled* up!

Day: Thursday

Date: 11/25

Time: 6:30 a.m.

Fee: \$36.00

Radio City Christmas Spectacular

Don't let the price fool you, we were able to purchase discounted orchestra tickets and pass the savings on to you. We'll be leaving from Brookfield Town Hall at 8:15 a.m. for an 11:00 a.m. matinee performance. There will be plenty of time after the show for shopping, sightseeing, and lunch/dinner, leaving NYC at 5:00 p.m. Fee includes ticket, complimentary soda or water and popcorn at Radio City, and coach bus transportation/driver gratuity. Please register early to avoid disappointment.

Day: Monday

Date: 12/6

Time: 8:15 a.m.

Fee: \$89.00

Outdoor Adventure Sports



Beginning Rock Climbing

A fun and exhilarating introduction to climbing in a relaxed, friendly environment. Program includes all equipment and instruction, featuring easy to challenging routes to climb. Students

ages 8 and up, joined by a familiar adult, have the opportunity to participate as part of the Family Adventure, giving them an opportunity to climb, as well as learn the belay skills necessary to keep climbers safe while on the rocks. Minimum age when the child is actively participating without an adult is 10. Back up safety measures are provided. Meet at St. John's Ledges in Kent. Fee is \$65.00 per person, per day.

Climbing for Adults – 10:00 a.m. – 2:00 p.m.

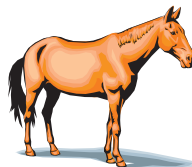
Session 1: October 9

Family Adventure– Ages 8 and up–10:00 a.m. – 2:00 p.m.

Session 1: September 12 Session 2: October 17

Instructor: Small World Adventures (860) 350-6752

Horseback Riding Lessons



This 6-week course offers basic horse care, grooming, tacking up, and riding skills from beginner to advanced. In case of inclement weather, lessons will be held in an indoor ring. Register with the Parks & Recreation Office, and Brushy Hill Farm

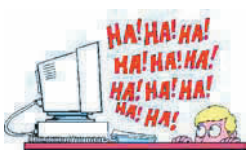
will contact you directly to set up a mutually convenient lesson time. Lessons begin the week of September 27 (or at your convenience) and will last for six weeks, one hour each week. Brushy Hill Farm is located in Southbury, just 13 minutes from the flagpole in Newtown. Directions are available at the Parks & Recreation Office. Long pants and shoes with heel are recommended. Hard hats will be provided. Fee: \$295.00

W.E.R.A.C.E. - Western Connecticut Regional Adult and Continuing Education 797-4731

<http://www.danbury.k12.ct.us/werace/WERACE/Welcome.html>

WERACE (Western Connecticut Regional Adult Education) is a regional program that provides FREE state mandated adult education services to adults 16 years of age and older who live in the towns of Bethel, Brookfield, Danbury, New Fairfield, Newtown, Redding, and Ridgefield.

A full range of free adult education programs including ESL and high school completion is presently available to adult learners from the above towns and allows WERACE to address basic literacy needs, as well as the skills necessary to transition to higher education, training and/or employment.



Basic Computing

This course is designed for individuals with no computer skills who wish to learn the basics of the windows operating system and the use of a

word processor, spreadsheet, and database. MS Works will be used in the course to teach word processing, spreadsheets and database use.

Day: Wednesday Time: 6:30 – 8:00 p.m.
Dates: 10/27 – 12/1 (6 wks) Fee: \$185.00
Place: Computertalk, 475 Federal Road, Unit B

Microsoft Word - Level 1

Learn the basic skills needed to use this program. Copy, Cut, Paste, Save, Insert, Tables, and more will be covered.

Day: Monday Time: 6:30 – 8:00 p.m.
Dates: 10/4 – 10/11 (2 wks) Fee: \$65.00
Place: Computertalk, 475 Federal Road, Unit B



Microsoft Word - Level 2

Learn how to prepare more complex documents. We will create a newsletter and in the process learn how to create headers and footers, import graphics and pre created text,

create and format tables and more. A working knowledge of MS Word is required. Course manual and disk provided.

Day: Monday Time: 6:30 – 8:00 p.m.
Dates: 10/18 – 11/1(3 wks) Fee: \$135.00
Place: Computertalk, 475 Federal Road, Unit B

Microsoft Excel - Level 1

This class is designed for individuals who have little or no experience in using a spreadsheet. Class will teach use of simple formulas, charting, fill commands, nomenclature and more.

Day: Tuesday Time: 6:30 – 8:00 p.m.
Dates: 10/5 – 10/12 (2 wks) Fee: \$65.00
Place: Computertalk, 475 Federal Road, Unit B

Microsoft Excel – Level 2

Working with a fictitious company, students will learn how to work with databases and lists, use logical, financial and date functions, format worksheets, insert, move and modify objects, link worksheets with 3-D references, use excel on the web, and use and customize templates. A course manual and disk are included.

Day: Tuesday Time: 6:30 – 8:00 p.m.
Dates: 10/19 – 11/2 (3 wks) Fee: \$135.00
Place: Computertalk, 475 Federal Road, Unit B



Microsoft Excel – Level 3

Participants will master the following skills in this course: working with records and ranges; sorting, outlining and filtering lists; importing and exporting data; using pivot tables and pivot charts; using data analysis tools; protecting and sharing workbooks; managing workbooks with comments; data validation; and merging/linking workbooks. A course manual and disk are included.

Day: Tuesday Time: 6:30 – 8:00 p.m.
Dates: 11/9 – 11/23 (3 wks) Fee: \$135.00
Place: Computertalk, 475 Federal Road, Unit B

Microsoft Access – Level 1

This course will center on learning the basic features of Access. We will create a database complete with tables, forms, queries, and reports. We will also use features such as wizards and design view to help us create different database objects. Course manual and disk provided.

Day: Thursday Time: 6:30 – 8:00 p.m.
Dates: 10/7 – 10/21 (3 wks) Fee: \$135.00
Place: Computer Talk, 475 Federal Road, Unit B



Microsoft Access – Level 2

For those who want to learn to create more complicated databases, the following topics will be covered: modifying tables in design

view, using multiple data types, using the office clipboard, binding data and controls, creating multiple table queries, creating calculated fields, adding controls to forms and reports, creating web documents, using hyperlinks, backing up a database, printing database objects. Course manual and disk provided.

Day: Thursday Time: 6:30 – 8:00 p.m.
Dates: 10/28 – 11/11 (3 wks) Fee: \$135.00
Place: Computer Talk, 475 Federal Road, Unit B

Microsoft PowerPoint - Level 1

The objective of this course is to teach you how to create a professionally designed presentation. You will learn a variety of skills that include the following: Use of the auto Content Wizard, creating a presentation from scratch, working in normal, slide sorter, and outline view, inserting specific slide types, modifying the sequence of slides, promoting and demoting text, adding speaker notes, formatting text, using master slides, using headers and footers, using bullets and more. Course manual and disk provided.

Day: Wednesday Time: 6:30 – 8:00 p.m.
Dates: 10/6 – 10/20 (3 wks) Fee: \$135.00
Place: Computer Talk, 475 Federal Road, Unit B

Beginners Bridge

Participants will learn the basics of bridge. Begin with the counting of the points and following with the bidding and playing of the hand. Much of the time will be spent in playing actual hands.

Day: Thursday Time: 6:30 – 8:30 p.m.
 Dates: 9/30 – 11/4 (6 wks) Fee: \$54.00
 Place: Senior Center, Temp. location 559B Federal Road
 Instructor: Irv Agard

New ~ Mediterranean Vegetable Cooking a la carte

Everyone knows that the heart-friendly "Mediterranean Diet" is filled with wonderful, but sometimes unfamiliar, vegetables, from artichokes to zucchini. Whether your goal is to stretch your grocery budget with hearty non-meat dishes, cook for a vegan or vegetarian, or surprise your dinner guests with something different, this class will meet your needs. Participants will spend time learning how to select and prepare ingredients and the different cooking techniques used with those ingredients. Many traditional recipes have been updated to make them lower in cholesterol, and able to retain the maximum number of nutrients (both original and updated cooking methods will be discussed.) Classes will be conducted as a combination demonstration and hands-on workshop and will encompass appetizers, side dishes, and main courses. Topics covered will be decided upon by the students enrolled during the first class of each session, but may include; artichokes, eggplant, salads, squashes, peppers, greens, mushrooms, soups, pastas, beans, and grilled vegetables. Instructor Ann Salinger's first cooking teacher was her mother, who grew up on a farm in Southern Italy. Since then Ann has taken numerous cooking courses in Europe (where she lived for seven years) and Asia, and has enjoyed sharing her knowledge of ingredients and techniques, and enthusiasm for cooking, with friends and students.

Day: Wednesday Time: 6:30 – 8:30 p.m.
 Session 1: 10/6, 10/13, 10/20, 10/27 (4 wks)
 Session 2: 11/3, 11/10, 11/17, 12/1 (4 wks)
 Place: WMS Home Ec. Room #1515
 Fee: \$82.00/session

Solve Your Energy Crisis!

Tired of feeling tired? Are you confused about what to eat to feel your best? Do you wish you had more energy to live your life? Learn what foods zap your energy. Discover the foods that help increase and sustain energy levels, stabilize moods and increase productivity. Find out about strategies to optimize your health so that you can do what you need to do! Hillary Stern is a Food Counselor who helps people pick, plan and prepare delicious foods for a healthier life. Check out her website: <http://www.HillaryStern.com>

Day: Monday Time: 6:30 – 8:30 p.m.
 Date: 10/18 Place: Town Hall Meeting Room
 Instructor: Hillary Stern Fee: \$25.00

Sugar and Salt: The Demons in Your Diet!

Suffering from the sugar blues? Do you constantly crave sweets and want to know why? Do you salt your food before you even taste it? How do you gain control of these diet demons without feeling deprived? Explore the causes of these crazy, uncontrollable cravings and learn ways to reduce them naturally. This class will change your relationship with sugar and salt forever. Hillary Stern is a Food Counselor who helps people pick, plan and prepare delicious foods for a healthier life. Check out her website: <http://www.HillaryStern.com>

Day: Monday Time: 6:30 – 8:30 p.m.
 Date: 10/25 Place: Town Hall Meeting Room
 Instructor: Hillary Stern Fee: \$25.00



Digital and Film Photography

In just five weeks this class will have you using your camera like a pro. You'll learn what all those camera buttons and hidden menus do. Technical terms like white balance, compression and resolution will be explained, but we'll also spend time on esthetic issues. Weather permitting, we'll be going outside to shoot during class. Weekly assignments will encourage you to practice and to develop your artistic sense. Bring your camera manual as well as your camera, charge up those batteries and let's have some fun.

Day: Tuesday Time: 7:00 – 9:00 p.m.
 Dates: 10/5 – 11/9 (5 wks) – no class 11/2
 Place: Town Hall Meeting Room
 Instructor: Mary Ann Kulla Fee: \$70.00

Click, Load & Print

This class will demonstrate how to get your digital photos onto your computer, organize them, and make prints using your home printer. Bring a memory card with some pictures you don't mind experimenting with, plus bring any connecting cables that came with your camera and your camera manual.

Day: Monday Time: 7:00 – 9:00 p.m.
 Date: 11/15 Place: BHS Room 239
 Instructor: Mary Ann Kulla Fee: \$25.00

Photoshop Phun

If you would like to improve your photos or artwork, this class will get you started. You'll learn how to enhance your photos, adjust color, clone out imperfections, crop out offending elements and make selections and move them. Bring your laptop to class if Photoshop Elements is already installed on it, otherwise we'll use the Brookfield High School computers. Also bring some digital images you'd like to improve. This is a hands-on course, so computer familiarity is necessary. We'll be working from the book *Photoshop Elements* by Mike Wooldridge from the "Teach Yourself Visually" series. Buy the book for the version of Elements you have on your PC.

Day: Tuesday Time: 7:00 – 9:00 p.m.
 Date: 11/23 – 12/14 (4 wks) Fee: \$59.00
 Place: BHS Computer Lab
 Instructor: Mary Ann Kulla

Adult Education, continued

Long Term Care, Meeting Your Needs, Protecting Your Assets

What is long term care? How much will it cost? What are the funding options available? How can I protect my assets? This workshop will address those questions and more, including information on how the CT Partnership can help. A practicing financial planner instructs this course.

Day: Monday Time: 6:00 – 8:00 p.m.

Date: 11/15 Fee: \$10.00

Place: Edward Jones, 304 Federal Road Suite 204

Instructor: Helen Curtin, MBA, Financial Advisor

Retirement Planning and Social Security

A detailed seminar on retirement planning with a specialist from social security to answer all of your questions on social security benefits.

Session 1: Tuesday, October 26

Session 2: Tuesday, November 9

Time: 6:00 – 7:30 p.m. Fee: \$10.00/session

Place: Edward Jones, 304 Federal Road Suite 204

Instructor: Helen Curtin, MBA, Financial Advisor



Standard First Aid

Learn the skills needed to prevent, recognize and provide basic care for injuries and sudden illnesses until

advanced medical personnel arrive. Useful take-home course materials help you retain skills and serve as an excellent refresher and reference tool after training is complete.

Day: Thursday Time: 6:30 – 9:30 p.m.

Date: 10/7 (1 wk) Fee: \$35.00

Place: Town Hall Meeting Room

Instructor: Susan Jowdy

CPR/AED for Adults or Infants/Children

This course covers CPR in an approach that complements adult learning styles, featuring hands-on practice and real life scenarios. Additionally, this course also includes training in using an automated external defibrillator (AED) on a victim of sudden cardiac arrest. Useful take-home course materials help you retain skills and serve as an excellent refresher and reference tool after training is complete.

Session 1: CPR/AED for Adults

Thursday, 10/14, 6:30 – 9:30 p.m.

Session 2: CPR/AED for Infant/Child

Thursday, 10/21, 6:30 – 9:30 p.m.

Place: Town Hall Meeting Room

Instructor: Susan Jowdy Fee: \$50.00/session

Join our email list! Log onto
www.brookfield.org/pnr/index.htm and click
on the icon to receive monthly updates on
the Parks & Recreation programs and
events of your choice.

Adult Education, continued

CPR/AED Re-Certification

This review course provides individuals with the opportunity to review the course content within a formal course setting. Each participant will have the opportunity to view video segments and practice and perform skills for evaluation and complete the written exam for the course being reviewed.

Session 1: CPR/AED for Adults

Thursday, 11/4, 6:30 – 9:30 p.m.

Session 2: CPR/AED for Infant/Child

Thursday, 11/18, 6:30 – 9:30 p.m.

Place: Town Hall Meeting Room

Instructor: Susan Jowdy

Fee: \$45.00/session

Decorative Arts



Floral Design

Tap into your creative side and make three unique fresh flower arrangements that you can take home for yourself or gift to someone special (if you can part with them). From everyday to

holiday with something in between you will learn how to show off your talent with the help of a Professional Floral Designer. No experience necessary, \$25 material fee to be paid to instructor each class. Please bring floral snips.

Day: Wednesday Time: 7:00 – 9:00 p.m.

Dates: 10/27 – 11/10 (3 wks) Fee: \$48.00

Place: Senior Center, 559B Federal Road

Instructor: Shannon Schnuerer

New ~ Candlestick Lampshade

Join us to make an easy, festive project! Participants will paint and decorate a lampshade with an elegant holly and berry motif. When finished, it will be placed upon an electric candlestick base and is the perfect size for a mantle, hallway table or bathroom. All materials included!

Day: Sunday Time: 1:00 – 3:00 p.m.

Date: 12/5 Fee: \$32.00

Place: Senior Center Instructor: Elaine Rajcula

Watercolor for Adults

Whether you are an artist just starting out, or someone who has painted for a while, you will find this workshop fun, educational and inspiring. You will learn how to see colors in nature you have never seen before through the color wheel, and touch upon the importance of good drawing techniques as the bones of your painting. You will learn a wide variety of watercolor techniques while painting your own landscape by the end of the class, including values, learning first to see them in black and white then in color. Please ask for a materials list when registering (approximate cost \$40).

Day: Thursday Time: 6:00 – 8:00 p.m.

Dates: 9/30 – 12/2 (8 wks) – no class 11/11, 11/25

Place: Senior Center, 559B Federal Road

Instructor: Victoria Lange Fee: \$88.00

Adult Fitness



Train for a 5K

Are you interested in running a 5K (3.1 miles) road race? Are you a walker who would like to try running? Are you a runner interested in improving your times? Come join Cassie Dunn in a group setting, for a series of training runs and short lectures. (Come dressed to run and bring a water bottle.) You will learn how to design a training program based on your level of fitness, whether you are a walker or a runner. Each participant will be evaluated and given a training program to follow on their own until the next week's meeting. This program will meet for six weeks, culminating in the Halloween Run on 10/31/10. (Race registration is included in the fee.) All fitness levels are welcome! Cassie Dunn a former cross-country and track coach and avid runner, lives in Brookfield. She is a NASM certified personal trainer, Pilates and Spinning instructor.

Day: Saturday Time 9:00 – 10:00 a.m.
 Dates: 9/25 – 10/31 (6 wks) Fee: \$70.00
 Place Brookfield High School Track
 (If inclement weather, meet at NO LIMIT Health and Fitness, 1120 Federal Road, Brookfield, CT 775-8548)



Indoor Group Cycling

Come SPIN your way to fitness! You've heard about it, now come and try it! This high-energy workout lets you train at YOUR fitness level in a group situation. In a darkened room, with a top-notch instructor and great music – you will have FUN while getting into the shape of your life! Regardless of your age, fitness level or experience – you will LOVE this! BABYSITTING AVAILABLE! CLASS LIMITED TO 6 PEOPLE!

SES 1: SPIN & CORE TRAINING Mon, 9:15 – 10:30 a.m.

Dates: 9/27 – 11/1 (6 wks) Fee: \$90.00

11/8 – 12/13 (6 wks) Fee: \$90.00

SESSION 2: Wednesday, 6:00 – 7:00 a.m.

Dates: 9/29 – 11/3 (6 wks) Fee: \$72.00

11/10 – 12/15 (6 wks) Fee: \$72.00

SESSION 3: Wednesday, 5:30 – 6:30 p.m.

Dates: 9/29 – 11/3 (6 wks) Fee: \$72.00

11/10 – 12/15 (6 wks) Fee: \$72.00

SESSION 4: Thursday, 6:30 – 7:30 p.m.

Dates: 9/30 – 11/4 (6 wks) Fee: \$72.00

11/11 – 12/23 (6 wks) - no class 11/25 Fee: \$72.00

SESSION 5: Sunday, 9:15 – 10:15 a.m.

Dates: 9/26 – 10/31 (6 wks) Fee: \$72.00

11/7 – 12/12 (6 wks) Fee: \$72.00

Place: NO LIMIT Health and Fitness, 1120 Federal Road, Brookfield, CT 775-8548



We are always looking for new class ideas! If you have an area of expertise that you would be willing to share with others, please download a "class proposal form" from our website. Days and times of classes are flexible, and previous teaching experience is not always necessary. Class proposals should be received by 11/1/10 to be considered for the winter program guide.

Adult Fitness, continued

Zumba

Zumba is a great way to stay physically and mentally fit. It is like no other workout you will ever experience! Zumba is great for the mind, body and soul and is based on the principal that exercise should be fun, which helps you stick with the program until you get results - the key to long term good-health. It's a feel good exercise program designed with a scorching fusion of world music and spicy dance rhythms. With its easy to follow choreography, you burn 500 to 800 calories per hour depending on how hard you work, and tone your body from head to toe. Zumba fitness utilizes aerobic interval training (combining fast and slow rhythms) to deliver a high energy, heart pumping cardiovascular workout you want to return to again and again.

Day: Monday Time: 7:00 – 8:00 p.m.

Dates: 9/27 – 11/22(8 wks) – no class 10/11

Place: Center School Gym Instructor: Dolly Pinto

Fee: \$75.00

Yogalates



A hybrid of yoga and Pilates, Yogalates will give you the best of both techniques. By becoming mindful of movement and breath, and connecting your mind to your muscle, you will increase your flexibility, strength and muscle balance.

This program can be modified for all fitness levels, but participants should be comfortable working on the floor. Please bring a mat, a towel and water bottle.

Day: Tuesday Time: 7:00 – 8:00 p.m.

Dates: 10/19 – 12/14 (8 wks) – no class 11/2

Place: Center School Gym Instructor: Phyllis Babuini

Fee: \$75.00

B. L. T. or (Butt, Legs, and Tummy)!

This is a body sculpting class targeting the lower body's "hot spots", the glutes, inner and outer thighs and the waistline.

The class includes muscle and strength building moves, like squats and lunges, combined with effective sculpting moves that are focused and intensive. Don't worry about learning dance moves or combinations, because this class is all about form and function! Change your Body!

BABYSITTING AVAILABLE BY RESERVATION!

Day: Tuesday Time: 5:30 – 6:15 p.m.

Session 1: 9/28 – 11/2 (6 wks) Fee: \$72.00/session

Session 2: 11/9 – 12/14 (6 wks)

Place: NO LIMIT Health and Fitness, 1120 Federal Rd

New ~ UPPERBODY PUMP!

Here is the class to get those sculpted arms that you have always wanted. (Think Kelly Ripa, Madonna, etc.) This class will concentrate on your upper body, targeting all those trouble spots! (You know what they are!) Working your back, chest, shoulders and arms, you will create a lean and sculpted upper body. This class is for any level of fitness. The instructor can make any adjustments for your needs. Come try this out, you won't be disappointed!

BABYSITTING AVAILABLE BY RESERVATION!

Day: Thursday Time: 5:30 – 6:15 p.m.

Session 1: 9/30 – 11/4 (6 wks) Fee: \$72.00/session

Session 2: 11/11 – 12/23 (6 wks) - no class 11/25

Place: NO LIMIT Health & Fitness, 1120 Federal Road

Adult Fitness, continued



Training Power Hour

This class is like having a personal trainer for 1 hour!!! For women who want a TOTAL body workout. In this class you will burn calories, while firming, shaping and toning, the

arms, back, chest, shoulders, legs, glutes and abs. Learn proper form and technique, and obtain your best body possible, by using hand held weights, bands, steps, balls and more. No two classes are the same!!! For people of all physical levels, this class will challenge the beginner AND advanced student. A fun class, with individual attention, that will get you results! Class also includes a warm up, cool down and stretching. Bring water and a towel.

BABYSITTING AVAILABLE BY RESERVATION!

Day: Wednesday Time: 9:30 - 10:30am

Session 1: 9/29 - 11/3 (6 wks) Fee: \$72.00/session

Session 2: 11/10 - 12/15 (6 wks)

Instructor: Donna Binetti

Place: NO LIMIT Health & Fitness, 1120 Federal Road

Positive Energy Dance Fitness Open House

Saturday, September 25th, 11:00 a.m. to 1:00p.m.

Come sample an assortment of great dance fitness classes. IntenSati, Booty Beat, Total Body Blast and others will be included. Come discover this great source of powerful, womanly energy right here in Brookfield. You must pre-register by calling Parks & Rec at 775-7310.

New ~ intenSati with Joni

Straight from the packed studios of New York City's Equinox Clubs comes this revolutionary high-energy cardio workout.

This method of training is based on the teachings of mindfulness, positive psychology and the law of attraction. IntenSati is a radical combination of aerobics, martial arts and endurance principles with positive affirmations. The result is an unprecedented practice that is empowering physically and mentally. The goal is to enable a seamless and total integration of body and mind, allowing you to be and experience all you deeply want. You will learn to tap into the power of the present moment in order to embody -rather than just think or talk about - your BOLDEST, MOST EMPOWERED, BEST SELF. Free trial class on Saturday, 10/23, 1:00 - 2:15 p.m. Please register with Parks & Rec. if you plan on attending.

Day: Monday Time: 9:30 - 10:40 a.m.

Dates: 9/27 - 11/22 (8 wks) - no class 10/11

Instructor: Joni Lowe Fee: \$96.00

Place: Positive Energy Dance for Women

New ~ Belly Dance Fusion with Joni

Here is a beautiful fusion of belly dance and fitness. Get a full body workout that slims and tones with a shake and a shimmy. Belly dancing strengthens your cardiovascular endurance and core. This movement is great for your posture too. The movement is simple to follow and repetitive so everyone can participate. A blend of Pop/Top 40 and traditional belly dance music will be used. Plan to wear exercise attire with bare feet and bellies covered.

Day: Friday Time: 9:30 - 10:20 a.m.

Dates: 10/1 - 11/19 (8 wks) Fee: \$96.00

Place: Positive Energy Dance for Women

Adult Fitness, continued

Mother Daughter Belly Dance Fusion with Joni

Here is a beautiful fusion of belly dance and fitness. Get a full body workout that slims and tones with a shake and a shimmy. Belly dancing strengthens your cardiovascular endurance and core and is great for your posture. Come together as mother and daughter to share being fit together, and set a great example for your daughter, too. Ages 7 and up please. The movement is simple to follow and repetitive so everyone can participate! A blend of Pop/Top 40 and traditional belly dance music will be used. Plan to wear exercise attire with bare feet and bellies covered. **SPECIAL INTRODUCTORY PRICE: \$80 each**

Day: Saturday Time: 11:00 - 11:50 a.m.

Dates: 10/2 - 11/20 (8 wks)

Instructor: Joni Lowe Fee: \$80.00 per person

Place: Positive Energy Dance for Women

Adult Fitness - Yoga



Intro to Yoga

If you've never tried yoga, or would like a refresher on the basics, this is the class for you! The excellent certified instructors at

YogaSpace make learning yoga safe, fun and accessible in these classes geared especially for beginners.

Even if you think you are inflexible or out of shape, yoga offers many benefits; from easing back pain to finding inner calm. You'll learn to access your inner strength, balance and wisdom while cultivating flexibility and focus. Each class includes stress-reducing breathing techniques and concludes with a guided relaxation/meditation to leave you feeling relaxed and rejuvenated.

Session 1: Monday, 7:30 - 9:00 p.m.

Dates: 9/27 - 11/15 (8 wks) Fee: \$120.00

Instructor: Heather Philip

Session 2: Tuesday, 6:00 - 7:15 p.m.

Dates: 9/28 - 11/16 (8 wks) Fee: \$120.00

Instructor: Lisa Rosenthal

Place: YogaSpace, 777 Federal Rd, second floor

Gentle Yoga

Ease your way into yoga with a gentle yoga practice that is perfect for those recovering from an illness or injury, and for stressed-out "Type A" personalities who want to unwind. Natasha will compassionately guide you in gentle yoga poses using supports (blankets, blocks, straps) that help the body release tension and guided visualizations that act as a tonic for the mind. You will leave feeling deeply nurtured & restored.

Session 1: Wednesday, 9:30 - 11:00 a.m.

Dates: 9/29 - 11/17 (8 wks) Fee: \$120.00

Session 2: Thursday, 5:45 - 7:00 p.m.

Dates: 9/30 - 11/18 (8 wks) Fee: \$120.00

Instructor: Natasha Raymond

Place: YogaSpace, 777 Federal Rd, second floor

Introduction to Tai Chi & Chi Gong

This class combines the ancient practices of Tai Chi (moving meditation) and Chi Gong (flowing energy) to promote health, strength and tranquility. Instructor Susan Bradley is a long time scholar, practitioner and teacher of these relaxing and restorative practices that move “Chi”, or life force energy, throughout the entire body. You will experience flow, stability, balance, power and grace while honing your concentration – a gentle yet profound alchemy that is appropriate for all bodies and levels of experience.

Day: Tuesday Time: 7:30 – 8:45 p.m.

Dates: 9/28 – 11/16 (8 wks) Fee: \$120.00

Place: YogaSpace, 777 Federal Rd., second floor

Instructor: Susan Bradley

Meditation & Mindfulness

Are you stressed-out or anxious? Curious about meditation? Don't know where to start? Join Ken Sprano for this seven-week introduction to meditation & mindfulness-based stress reduction on Sunday nights in the serene atmosphere of YogaSpace. You will learn a variety of techniques including various approaches to meditation, Bio-feed back, self-hypnosis, breathing and deep relaxation. You'll leave feeling lighter, happier and ready to face your week with clarity and ease.

Day: Sunday Time: 7:30 – 8:30 p.m.

Dates: 9/26 – 11/14 (6 wks)-no class 10/10, 10/31

Instructor: Ken Sprano Fee: \$90.00

Place: YogaSpace, 777 Federal Rd., second floor

How to Meditate

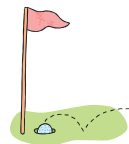
We live in a fast-paced world filled with lots of responsibility and struggles. Our lives are filled with pressure and stress, and our mental attitude and emotional experience reflect this fact. Inside you there is an ocean of peace and happiness and a well of strength that never runs dry. To experience it, all you have to do is go to that place inside yourself where this power exists naturally. The means to accomplish this is Meditation. Meditation will quiet your restless mind and settle your nagging emotions. Meditation is not something foreign or separate from you. When properly understood, Meditation is actually your natural, free state of being. In this course, you will learn to Meditate effectively using a time-honored approach to Meditation that has been practiced for centuries. You will learn techniques for making your mind quiet so that you can experience the thought-free state of Meditation and the benefits that accrue naturally from this thought-free state. No class materials required. We look forward to welcoming you!

Day: Tuesday Time: 7:00 – 9:00 p.m.

Dates: 10/5 – 10/12 (2 wks) Fee: \$75.00

Instructor: Lakshmi Satya Devi, Supreme Meditation

Place: Center School Gym



Adult Golf Lessons

Open to golfers of all skill levels, these classes are intended to provide students with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5 iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$110.00 for any one month of four classes. Classes meet 6:00–7:00 p.m.

October: Thursdays – 10/7, 10/14, 10/21, 10/28

November: Tuesdays – 11/2, 11/9, 11/16, 11/23

December: Wednesdays – 12/1, 12/8, 12/15, 12/22

Women Only Classes (Beginner)

October: Tuesdays – 10/5, 10/12, 10/19, 10/26

November: Mondays – 11/1, 11/8, 11/15, 11/22

December: Thursdays – 12/2, 12/9, 12/16, 12/23

Adult Fitness - Open Gyms



Open Basketball

Ongoing Monday night open play for Brookfield residents and their guests age 18 and over.

Purchase a season pass for \$60.00 or pay \$5.00 nightly at the door. Passes will not be sold after 12/20 and no credit for nightly passes will be given. Open Gym is canceled on 12/27, 1/17, 2/21 and on days when school is not in session or dismisses early.

Days: Monday Time: 7:30 – 9:30 p.m.

Dates: 11/8/10 – 4/4/11 Place: BHS Gym

Fee: \$5.00/night or \$60.00/season pass

Open Volleyball

Ongoing Wednesday night open play for adults 18 and over. Purchase a season pass for \$60.00 or pay \$5 nightly at the door. Passes will not be sold after 12/22 and no credit for nightly passes will be given. Open gym is canceled on 11/24, 12/29 and on days when school is not in session or dismisses early.

Days: Wednesday Time: 7:30 – 9:00 p.m.

Dates: 11/10/10- 4/13/11 Place: WMS Gym

Fee: \$5.00/night or \$60.00/season pass

Adult Fitness – Dance

Even though dances are reviewed repeatedly, students are expected to practice on their own between classes as well.

Ballroom and Latin Mix for Singles



We've had so many requests for this class! No need to be part of a couple (or have your other half with you) in order to participate. Join other people like yourself who want to learn ballroom and latin dances. Emphasis will be placed on mastering each step before moving on to new dances. Please note the dress code for participation in dance classes; no jeans or sneakers. Our instructor, Galina Andracchio, a former Russian competitor, is a member of the International Dance Teachers Association.

Day: Wednesday Time: 6:15 – 7:00 p.m.
Place: WMS- Cafeteria Fee: \$90.00/person
Dates: 10/6 – 12/8 (8 wks)-no class 11/24, 12/1

Ballroom and Latin Dance

Do you have a wedding, anniversary party or class reunion in your future? Would you like to impress your friends with some new moves? In addition to the physical benefits of dancing, mentally dancing serves as a wonderful stress release. The dances you learn will be selected at the instructor's discretion and may include: Fox Trot, Slow Waltz, Tango, Viennese Waltz, Quick Step, Mambo/Salsa, Cha-Cha, Samba, Rumba, and East Coast Swing. Emphasis will be placed on mastering each step before moving on to new dances. Please note the dress code for participation in dance classes, no jeans or sneakers. Our instructor, Galina Andracchio, a former Russian competitor, is a member of the International Dance Teachers Association.

Day: Wednesday Time: 7:00 – 8:15 p.m.
Place: WMS- Cafeteria Fee: \$105.00/person
Dates: 10/6 – 12/8 (8 wks)-no class 11/24, 12/1

Tots Activities



Tumbling Tots

Children 2-5 will meet for games, basic tumbling skills and energetic fun in a gym setting. We offer 2 time slots for this popular program:

9:15 - 10:00 am for ages 4-5 with or without parent
10:00 - 10:45 am for ages 2-3 with parent or caregiver

Please specify time and session when registering.

Day: Tuesday Fee: \$49.00/session
Time: 9:15 – 10:00 a.m. OR 10:00 – 10:45 a.m.

Session 1: 9/28, 10/5, 10/12, 10/19 (4 wks)
Session 2: 11/9, 11/16, 11/23, 11/30 (4 wks)

Place: Tropical All-Stars, 558 Federal Road
Instructors: Pam Zavarelli & Linda Kaalman

Tots Activities, continued

New ~ Mother's Morning Out



This pre-school readiness program is designed for children age 2 – 5 (without parent/caregiver) to experience the joy of learning, cooperative play and social

interaction with other children in hopes to prepare them for their first preschool experience. A typical class includes circle time, songs and parachute play, weather, group gym games, an arts & craft project and a story. Appropriate transitions between activities allow children to recognize and become familiar with the structure of the day and to look forward to the next activity. Children must turn two by the start of the program and do not need to be potty trained. Please pack a snack and a drink for your child each class.

Day: Friday Time: 9:15 – 11:15 a.m.
Session 1: 10/1, 10/8, 10/15, 10/22, 10/29, 11/5 (6 wks)
Session 2: 11/19, 12/3, 12/10, 12/17, 1/7, 1/14 (6 wks)
Place: Tropical All Stars, 558 Federal Road
Instructors: KidsFit Fee: \$130.00/session

Jumpin' Beans

Children will increase socialization skills and coordination through musical games and movement activities with their parent or caregiver and other children 18 - 24 months old.

Day: Wednesday Time: 9:30 – 10:30 a.m.
Session 1: 9/29, 10/6, 10/20, 11/3 (4 wks)
Session 2: 11/17, 12/1, 12/8, 12/15 (4 wks)
Instructor: Pam Zavarelli Fee: \$44.00/session
Place: Congregational Church, Fellowship Hall



'Lil Chefs

Children ages 3 and 4 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement.

Day: Friday
Session 1: 10/1, 10/8, 10/22, 11/5 (4 wks)
Session 2: 11/19, 12/3, 12/10, 12/17 (4 wks)
Time: 9:30 – 10:30 a.m.
Place: Congregational Church, Fair Kitchen
Instructor: Pam Zavarelli Fee: \$59.00 /session

Ballet and Creative Movement for Tots

Children will explore the many ways their bodies can move, and use their imaginations for self-expression in this ballet and creative movement class for ages 3 - 5. There will be an open class performance for parents at the last class. Ballet slippers and leotards are preferred, but not required.

Day: Friday Dates: 10/1 – 11/19 (8 wks)
Session 1: 4:35 – 5:20 p.m. Fee: \$45.00/session
Session 2: 5:25 – 6:10 p.m.
Place: Center School Cafe Instructor: Holly Gundolfi

Tots Activities, continued

Theme Weeks

Preschool children ages 2-4 (with parent or caregiver) will meet for a variety of stories, crafts, games, and music all relating to the following themes:

October: 10/4 and 10/18	Halloween
November: 11/15 and 11/22	Thanksgiving
December: 12/13 and 12/20	Happy Holidays

Day: Monday Fee: \$24.00/month
Time: 9:30 – 10:30 a.m. Instructor: Pam Zavarelli
Place: Congregational Church



Learn to Ice Skate for Tots

Preschoolers age 3 ½ and older will enjoy this program which incorporates creative play and interactive learning games to teach skills. This program (Tot 1) is designed for children who have never skated. They will learn the proper way to fall and get up, as well as marching in place and across the ice. Included is a free skating pass so that participants may practice at no charge during any public skating session for the duration of the program, as well as skate rentals if needed. Helmets and gloves or mittens are also required.

Session 1: Wednesday, 11/3 – 12/22 (8 wks)

4:00- 4:30 p.m. Fee: \$143.00

Session 2: Thursday, 11/4 – 12/23 (7 wks)-no class 11/25

10:00 – 10:30 a.m. Fee: \$127.00

Session 3: Friday, 11/5 – 12/17 (7 wks)

10:00 – 10:30 a.m. Fee: \$127.00

Place: Danbury Ice Arena, 1 Independence Way

Center After School



Sports Celebrated!

Exercise and fun are the key elements of this class. Children in grades K and 1 will develop basic skills in several indoor games and sports.

Day: Tuesday Time: 3:30 – 4:30 p.m.

Dates: 9/28 – 11/23 (8 wks) – no class 11/2

Place: Center School – Gym Fee: \$40.00

Instructor: Sal Strazza

Pillow Polo

Physical fitness, agility and coordination are the benefits from this team sport for grades K and 1. Rules of floor hockey are followed and nerf equipment is used.

Day: Wednesday Time: 3:30 – 4:30 p.m.

Dates: 9/29 – 11/17 (8 wks) Fee: \$40.00

Place: Center School - Gym Instructor: Sal Strazza

Ballet and Creative Movement for K/1



Children will explore the many ways their bodies can move, and use their imaginations for self-expression in this ballet and creative movement class for children in grades K and 1. There will be an open class performance for parents at the last class. Ballet slippers and leotards are preferred for participants, but not mandatory.

Day: Friday Time: 3:30 – 4:30 p.m.
Dates: 10/1 – 11/19 (8 wks) Fee: \$45.00
Place: Center School Cafe Instructor: Holly Gundolfi

Center After School, continued

New ~ Español para Niños y Niñas

There are over 300 million Spanish-speakers in over 20 countries around the world -including the United States. Learning the language at an early age gives children a greater chance to become proficient as well as many lifelong advantages. This is a play-based program that will introduce children in grades K and 1 to conversational Spanish and to the colorful Latino culture through songs, games, and crafts.

Day: Thursday Time: 3:30 – 4:30 p.m.

Dates: 9/30 – 12/2 (8 wks) – no class 11/11, 11/25

Place: Center School Room Fee: \$79.00

Instructor: Patricia Clua



Get into the Kitchen

Children in grades K and 1 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement. Recipes are duplicated in both the Tuesday and Wednesday classes, but do change each session. Both days meet in the Center School Pre-School Room, 3:30 – 4:30 p.m. Fee is \$45.00/session.

Day: Tuesday

Session 1: 10/5, 10/12, 10/19, 10/26 (4 wks)

Session 2: 11/9, 11/16, 11/23, 11/30 (4 wks)

Day: Wednesday

Session 1: 10/6, 10/13, 10/20, 10/27 (4 wks)

Session 2: 11/10, 11/17, 12/1, 12/15 (4 wks)

Quick Start Tennis

Students in grades K and 1 will learn how to control a tennis ball with a racket and have fun in this beginning program taught by BHS Girls Coach Elaine Gregory. Balls are supplied, as well as racquets for anyone who does not have one. (If you have one at home, please bring it in.). Children should wear sneakers and bring a snack and drink.

Day: Monday Time: 3:30 – 4:30 p.m.

Dates: 10/4 – 11/15 (6 wks) – no class 10/11

Place: Center School Gym Fee: \$66.00

Instructor: Elaine Gregory, BHS Girls Coach



Little Dragons

Students in grades K - 1 will be introduced to martial arts and character development through weekly themes including: laser beam focus, 3 rules of concentration, 20 ways to respect your teacher, coordination, self discipline, self control, physical fitness and more. The basic martial arts skills taught will prepare students to break a board and test for their white belt after the course ends. The purchase of a uniform or T-Shirt to wear in class is optional and must be arranged by visiting Zandri's Martial Arts directly prior to the first class. Contact them at 775-7150.

Day: Thursday Time: 3:30 – 4:00 p.m.

Dates: 10/7 – 10/28 (4 wks) Fee: \$28.00

Place: Center School Cafeteria

Instructor: Zandri's Martial Arts



The Wizard's School of Magic

Students in grades 1 – 4 will learn five magic tricks from Tom O'Brien, a full-time professional magician, whose credits also include appearances on the Fox 61 Morning Show and WFSB's Better Connecticut. Tom O'Brien is a master at his craft and is a wonderful and entertaining teacher as well. All students will receive their own magic kits containing the props necessary to perform them at home, and a magic wand! Please register soon before the spaces – alakazaam - disappear!

Instructor: Tom O'Brien Fee: \$15.00 each

Abracadabra - Magic Workshop 1:

Tuesday 9/28, 3:30 – 4:30 p.m. HHES Music Rm.

Hocus Pocus – Magic Workshop 2:

Tuesday 10/12, 3:30 – 4:30 p.m. HHES Music Rm.

Presto – Magic Workshop 3:

Tuesday 11/16, 3:30 – 4:30 p.m. HHES Music Rm.

Alakazaam – Magic Workshop 4:

Tuesday 11/30, 3:30 – 4:30 p.m. HHES Music Rm

Junior Rocketeers

This is a fun introduction to physical science and the concept of force and motion. And what better way than to use ROCKETS & PAPER AIRPLANES to demonstrate and experiment with the basics of aeronautics such as thrust and drag, lift and weight. Each student will design and build own rocket, then launch it with compressed air! They'll have a blast!! Class is limited to 12 students.

Day: Monday Time: 3:30 – 5:00 p.m.

Dates: 10/18 – 11/15 (5 wks) Fee: \$89.00

Place: HHES - Library

Instructor: Computer Explorers

Lego Fungineering

Young budding engineers love this "hands-on, minds-on" program. A model is built – concept of the model is studied and observed – the model is broken down and this cycle is repeated to demonstrate various concepts of simple machines such as gears, pulleys, levers and wheels. With the use of a motor and electrical controls, the models come alive right before their eyes! All new models this Fall. Class is limited to 12 students.

Day: Monday Time: 3:30 – 5:00 p.m.

Dates: 11/22 – 12/20 (5 wks) Fee: \$89.00

Place: HHES - Library

Instructor: Computer Explorers



Quick Start Tennis

Students in grades 2 - 4 will learn how to control a tennis ball with a racket and have fun in this beginning program taught by BHS Girls Coach Elaine Gregory. Balls are supplied, as well as racquets for anyone who does not have one. (If you have one at home, please bring it in.). Children should wear sneakers and bring a snack and drink.

Day: Wednesday Time: 3:30 – 4:30 p.m.

Dates: 10/6 – 11/10 (6 wks) Fee: \$66.00

Place: HHES Lower Gym

Instructor: Elaine Gregory, BHS Girls Coach

Mother Daughter Belly Dance Fusion with Joni

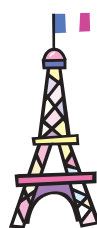
Here is a beautiful fusion of belly dance and fitness. Get a full body workout that slims and tones with a shake and a shimmy. Belly dancing strengthens your cardiovascular endurance and core and is great for your posture. Come together as mother and daughter to share being fit together, and set a great example for your daughter, too. Ages 7 and up please. The movement is simple to follow and repetitive so everyone can participate! A blend of Pop/Top 40 and traditional belly dance music will be used. Plan to wear exercise attire with bare feet and bellies covered. SPECIAL INTRODUCTORY PRICE: \$80 each

Day: Saturday Time: 11:00 – 11:50 a.m.

Dates: 10/2 – 11/20 (8 wks) Fee: \$80.00 per person

Instructor: Joni Lowe

Place: Positive Energy Dance for Women



French Fantastique

Now offered as a before school activity! Studies have shown that the earlier a child is exposed to a second language, the more quickly they excel. Learn French the fun way through music, colorful crafts and instruction. Students in grades 2-4 will learn about French foods, geography, famous buildings, as well as the basic greetings, alphabet, counting, colors and lots of vocabulary. Each student will receive a folder full of creative activities in French. Parents, please escort your child to the Music Room at each class meeting.

Day: Friday Time: 7:50 – 8:35 a.m.

Dates: 10/1 – 11/19 (8 wks) Fee: \$72.00

Place: HHES –Art Room

Instructor: Margee Minier

New ~ Español para Niños y Niñas

There are over 300 million Spanish-speakers in over 20 countries around the world -including the United States. Learning the language at an early age gives children a greater chance to become proficient as well as many lifelong advantages. This is a play-based program that will introduce children in grades 2 – 4 to conversational Spanish and to the colorful Latino culture through songs, games, and crafts.

Day: Monday Time: 3:30 – 4:30 p.m.

Dates: 9/27 – 11/22 (8 wks) – no class 10/11

Place: HHES – Music Room Fee: \$79.00

Instructor: Patricia Clua

Junior Floor Hockey

Students in grades 2 - 4 will learn the basic rules of floor hockey and participate in games. All students are asked to bring their own goggles.

Day: Monday Time: 3:30 – 4:30 p.m.

Dates: 9/27 – 11/22 (8 wks) – no class 10/11

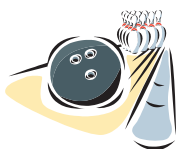
Place: HHES Lower Gym Fee: \$40.00

Instructor: Sal Strazza

Flag Football

Students in grades 2- 4 will be introduced to the basics in this non-contact class.

Day: Tuesday Time: 3:30 – 4:30 p.m.
 Dates: 9/28 – 11/23 (8 wks)-no class 11/2
 Place: HHES Lower Gym Instructor: Dave Miller
 Fee: \$40.00



Bowling

Each class features two games of bumper bowling for students in grades 2 - 4. Bus transportation is provided from Huckleberry Hill School to Brookfield Lanes by school bus. When sending in a note each week to

the school, please include that your child is attending bowling on bus #9. Pick-up is at Brookfield Lanes.

Day: Thursday Time: 3:30 – 5:30 p.m.
 Session 1: 9/30, 10/7, 10/14, 10/21(4 wks)
 Session 2: 11/4, 11/18, 12/2, 12/9 (4 wks)
 Instructor: Dave Miller Place: Brookfield Lanes
 Fee: \$48.00/session



Martial Arts for Beginners

Students in grades 2 - 4 will be introduced to martial arts and character development through weekly themes including: laser beam focus, 3 rules of concentration, 20 ways to respect your teacher, coordination, self discipline, self control, physical fitness and more. The basic martial arts skills taught will prepare students to break a board and test for their white belt after the course ends. The purchase of a uniform or T-Shirt to wear in class is optional and must be arranged by visiting Zandri's Martial Arts directly prior to the first class. Contact them at 775-7150.

Day: Friday Time: 3:30 – 4:15 p.m.
 Dates: 10/8 – 10/29 (4 wks) Fee: \$28.00
 Instructor: Zandri's Martial Arts
 Place: Huckleberry Hill School – Lower Gym

Basic Drawing and Watercolor



Students in grades 2 – 4 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be

successful at his or her ability level, culminating with the completion of a painting. Please ask for a materials list when registering. (Materials cost is approximately \$40.00). Bring a snack and a drink each week.

Day: Tuesday Time: 3:30 – 5:00 p.m.
 Dates: 9/28 – 11/23 (8 wks)-no class 11/2
 Place: Huckleberry Hill Rm Fee: \$85.00
 Instructor: Victoria Lange



Drawing Mixed Media

Paint, Draw & More! drawing classes teach young artists in grades 1-4 to draw what they see, to enhance their drawings with

their own ideas and concepts, and to use different materials in creative ways. Students learn to draw in a non-competitive, creative and fun environment. This art program helps children build self-esteem through personal drawing success, and helps them develop an understanding of spatial and color relationships. We will use pencils, markers, watercolors, chalk and oil pastels, etc. to draw animals, still life, landscapes, and more. Drawing concepts like composition, shading and perspective will be taught. We use the highest quality materials we can to help our students obtain the best results for their efforts. For more information about Paint Draw and More programs, visit www.paintdrawmore.com

Day: Monday Time: 3:30 - 4:30 p.m.
 Dates: 10/4 – 11/29 (8 wks) -no class 10/11
 Place: HHES Art Room Fee: \$120.00
 Instructor: Paint, Draw & More!

Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls in grades 2 – 8. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Staff will consist of many local coaches and current and past wrestling stand-outs. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt.

Day: Monday and Wednesday
 Time: Grades 2 - 4 6:00 – 7:00 p.m. Fee: \$60.00
Grades 5 – 8 7:15 – 8:30 p.m. Fee: \$70.00
 Dates: 11/1, 11/3, 11/8, 11/10, 11/15, 11/17, 11/22, 11/29, 12/6, 12/8(10 classes)
 Place: Huckleberry Hill Lower Gym
 Instructor: Josh Levine



Learn to Ice Skate Grades 1-4

Included is a free skating pass so that participants may practice at no charge during any public skating session for the eight-week duration of the

program, as well as skate rentals if needed. We are currently offering Skate levels 1 and 2 concurrently with different instructors. Skate 1: Entry level class for those with little or no experience on the ice. Skaters will learn the proper way to fall down and get up as well as marching and gliding across the ice. They will also be introduced to forward swizzles, backward wiggles and stops. Skate 2: This class is for graduates of Skate 1 or for those skaters who have skating experience but not formal lessons, and are able to skate and glide on their own. They will learn 2-foot and 1-foot glides, forward and backward swizzles, alternating forward ½ swizzles and snowplow stops.

Place: Danbury Ice Arena, 1 Independence Way
 Day: Saturday Time: 9:10 – 9:40 a.m.
 Dates: 11/6 – 12/18(7 wks) Fee: \$127.00



American Red Cross Babysitter's Training

American Red Cross Babysitter's Training gives 11-15 year olds the skills and confidence they need to become great

babysitters. This 6-hour class covers training in care giving, decision making, safety and first aid skills, and preventing and responding to emergencies. Course participants receive *The Babysitter's Training Handbook*, which provides course review and 30 easy-to-follow first aid action plans for handling emergencies. Red Cross Babysitter Certification cards will be awarded upon successful completion. Please bring a lunch and drink and a pen or pencil. Classes are held at Town Hall.

Session 1: Tuesday, November 2, 9:00 a.m. – 3:00 p.m.

Instructor: Peggy Boyle Fee: \$60.00/session

Cooking 101

This class will teach students in grades 5 through 8 how to cook everything from nutritious snacks to delicious meals and desserts. Cooking techniques, ingredient selection and substitutions, kitchen safety and balanced meal creation will all be covered in this hands-on class. Students will have the opportunity to taste their creations and take home the recipes. All materials are covered in the fee.

Day: Friday Time: 2:40 – 4:10 p.m.

Session 1: 10/1, 10/8, 10/15, 10/22 (4 wks)

Session 2: 11/5, 11/12, 11/19, 12/10 (4 wks)

Fee: \$68.00 Instructor: Jen Tomaino

Place: WMS Home Ec. Room

Basic Drawing and Watercolor

Students in grades 5 - 8 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be successful at his or her ability level, culminating with the completion

of a painting. Please ask for a materials list when registering. Materials cost is approximately \$40.00. Bring a snack and a drink each week. Late bus transportation is available from WMS after school for this program.

Day: Monday Time: 2:40 – 4:10 p.m.

Dates: 9/27 – 11/22 (8 wks)-no class 10/11

Instructor: Victoria Lange Place: WMS Art Room

Fee: \$85.00



Think Snow! We are planning our 12th Annual "Learn to/ Love to ski/snowboard program" for 5 – 8th graders on Friday nights to Mohawk Mountain in Cornwall, CT.

The program will provide transportation after school to and from WMS, and is scheduled to run for 5 weeks, January 7 – February 4, 2011. A detailed flyer will be sent out through WMS in early November and posted on our website.

Youth Strength Training Bootcamp

"Set your kids on the right path to getting fit and staying fit for life." This class is designed to teach students, ages 12-14, the fundamentals of strength training. Students will learn to use weight training equipment in a fun, safe, and supervised format while building a positive attitude toward exercise.

Basic exercise movements that enhance sports performance and physical fitness will be emphasized. Upon completion of this course, students will be able to follow a workout with weights, using proper form and technique and have a better understanding of how to get in better physical shape.

Classes limited to 8 students.

Session 1: Wednesday, 3:15 – 4:15 p.m.

9/29 – 11/3 (6 wks) Fee: \$75.00

Session 2: Saturday, 11:00 a.m. – 12:00 p.m.

10/2 – 11/6 (6 wks) Fee: \$75.00

Instructors: Rob Delavega & Abigail Scudder

Place: No-Limit Health & Fitness, 1120 Federal Road

New ~ Belly Dance Fusion for Middle School students with Joni

Here is a beautiful fusion of belly dance and fitness. Get a full body workout that slims and tones with a shake and a shimmy. Belly dancing strengthens your cardiovascular endurance and core. This movement is great for your posture too. The movement is simple to follow and repetitive so everyone can participate. A blend of Pop/Top 40 and traditional belly dance music will be used. Plan to wear exercise attire with bare feet and bellies covered.

Day: Wednesday Time: 4:30 – 5:20 p.m.

Dates: 10/6 – 11/10 (6 wks) Fee: \$72.00

Instructor: Joni Lowe

Place: Positive Energy Dance for Women

New ~ Study Acting with a Broadway Pro!



Acting is "sophisticated play"—come and have some fun while you develop confidence and star quality. Discover how to tap into your talent more fully through the 3 RE's: Relaxation, Receptivity, and Responsiveness®. This class will include

improvisational games that encourage focus and concentration; will cover voice, speech, and stage presence; understanding of blocking and the stage space; body awareness and integrated movement. For the 7 & 8 grade group, some scene study will be added. Some experience in school plays helpful; this is an intermediate level course. All this under the guidance of a warm, supportive, experienced veteran of five Broadway shows! In the course of her 36-year career, instructor Jan Neuberger has done everything from Off-Broadway to regional theatre to summer stock, and concert work. Included in her many credits, Jan was a member of the original cast of WICKED, delivering the green baby nightly and stepping in frequently as Madame Morrible.

Session 1: Grades 5 & 6: Friday, 2:30 – 3:30 p.m.

10/1 – 11/19 (8 wks) Fee: \$65.00

Session 2: Grades 7 & 8: Friday, 3:45 – 5:00 p.m.

10/1 – 12/17 (10 wks) – no class 11/26, 12/3 Fee: \$89.00

Place: WMS Cafeteria

Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls in grades 2 – 8. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Staff will consist of many local coaches and current and past wrestling stand-outs. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt.

Day: Monday and Wednesday

Time: Grades 2 - 4 6:00 – 7:00 p.m. Fee: \$60.00

Grades 5 – 8 7:15 – 8:30 p.m. Fee: \$70.00

Dates: 11/1, 11/3, 11/8, 11/10, 11/15, 11/17, 11/22, 11/29, 12/6, 12/8(10 classes)

Place: Huckleberry Hill Lower Gym

Instructor: Josh Levine



Golf Lessons for Juniors

Open to golfers of all skill levels, these classes are intended to provide students ages 7 – 14 with a solid base in the fundamentals of golf, as well as to get them prepared to play and to

enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5 iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$110.00 for any one month of four classes. All classes meet 4:30 – 5:30 p.m. at Golf Quest, 1 Sand Cut Road.

October: Thursdays – 10/7, 10/14, 10/21, 10/28

November: Tuesdays – 11/2, 11/9, 11/16, 11/23

December: Wednesdays – 12/1, 12/8, 12/15, 12/22

Successful Study Skills for the Middle School Student

Good study skills and strategies can mean the difference between failure and success in school. These abilities become more and more vital as workloads increase for students moving through middle and high school. In this one-day overview program students will be introduced to organizational and study strategies along with time management guidelines and test taking tips. Students will leave with several handouts to help them put these guidelines into action in the real world. This is a limited small group session taught by an experienced teacher of Study Skills.

Day: Saturday Time: 10:00 a.m. – 12:00 p.m.

Date: 10/16 Fee: \$35.00

Place: Tutoring Club, 270 Federal Road

Instructor: Nancy Sutherland, Director - Study Skills

College Planning 101: Introduction to Admissions

Your student is beginning the college planning process. But where do you start? PSAT first? Which test should follow, SAT or ACT?--And when? How do you choose schools? When do you visit? What about those endless applications and essays? This seminar gives you a road map to the process based on the experiences of seasoned admissions councilors. It is geared toward the families of HS Juniors entering the process and sophomores who want a head start. Parent(s) and their student should attend.

Day: Wednesday

Time: 7:00 – 9:00 p.m.

Date: 10/13

Fee: \$25.00/family

Place: Tutoring Club, 270 Federal Road

Instructors: Andrew Hill, Director – College Prep and Bill Gross, Director & Admissions Councilor

New ~ Belly Dance Fusion for High School students with Joni

Here is a beautiful fusion of belly dance and fitness. Get a full body workout that slims and tones with a shake and a shimmy. Belly dancing strengthens your cardiovascular endurance and core. This movement is great for your posture too. The movement is simple to follow and repetitive so everyone can participate. A blend of Pop/Top 40 and traditional belly dance music will be used. Plan to wear exercise attire with bare feet and bellies covered.

Day: Wednesday

Time: 3:30 – 4:20 p.m.

Dates: 10/6 – 11/10 (6 wks)

Instructor: Joni Lowe

Fee: \$72.00

Place: Positive Energy Dance for Women

Smart Money Management For Teens

A basic course to teach teenagers how to save wisely and give them an understanding of personal finances, stocks, bonds and financial planning. A great start for a healthy financial future!

Day: Thursday

Time: 5:00 – 6:30 p.m.

Date: 11/18

Fee: \$10.00

Place: Edward Jones, 304 Federal Road Suite 204

Instructor: Helen Curtin, MBA, Financial Advisor



Think Snow! We are planning our 12th Annual "Learn to/ Love to ski/snowboard program" for BHS Students on Friday nights to Mohawk Mountain in Cornwall, CT. The program will provide transportation after

school to and from BHS, and is tentatively scheduled to run for 5 weeks, January 7 – February 4, 2011. A detailed flyer will be sent out through BHS in early November and posted on our website.

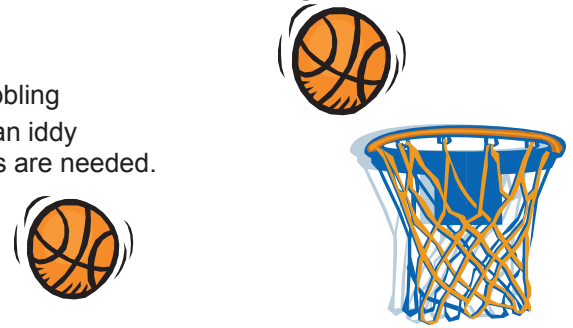
Youth Basketball Leagues

All basketball programs are canceled on 12/25/10, 1/1/11 and 2/19/11.
Any additional cancellations will be made up at the end of the program.

Iddy, Biddy Basketball – Grade 1

Children in first grade will practice the basic skills of basketball including dribbling and passing in a fun, non-competitive atmosphere. All children will receive an iddy biddy basketball T-shirt. Our referees serve as coaches, no parent coaches are needed.

Day: Saturday Dates: 1/8 – 2/26 (7 wks)
Time: 11:00 a.m.- 12:00 p.m. Fee: \$55.00
Place: Huckleberry Hill School– Upper Gym
Supervisor: Fern Smenyak



Biddy Basketball – Grades 2/3 and 4/5

This educational league is divided into divisions by grade level: A for boys in grades 2 & 3, B for boys in grades 4 & 5, and G for girls in grades 2 – 3 and 4 - 5. Following an evaluation clinic, participants will be placed on teams and compete against other teams in their division, followed by a week or two of playoffs. There will also be open gyms and practices scheduled during weekday evenings starting in January. Adults are needed to volunteer as coaches. If you are able to coach or assistant coach, please let us know when you register.

Supervisor: Fern Smenyak Fee: \$80.00
Dates: 12/4 – 2/26 (10 weeks) Day: Saturday



Boys Grades 2 – 3 (Biddy A)

Time: 9:00 - 11:00 a.m. on 12/4. Will play for 1½ hours between 8:00 –11:00 a.m. starting 12/11. Meet in the Huckleberry Hill School Upper Gym.

Boys Grades 4 – 5 (Biddy B)

Time: 3:30 – 5:00 p.m. at
Brookfield High School



Girls Grades 2 – 3 (Biddy G 2-3)

Time: 12:00 – 1:30 p.m. at Huckleberry Hill School

Girls Grades 4 – 5 (Biddy G 4-5)

Time: 1:30 – 3:00 p.m. at Huckleberry Hill School

Girls' Basketball - Grades 6 - 9

An evaluation clinic for girls in grades 6 - 9 will be held on December 4, and will be followed by 9 weeks of league play. **On 12/4, the program will meet 1:30 – 3:00 p.m.** Teams will play in one game each Saturday, and also have Saturday practice time. Again this year, we will be using adult “patched” referees. Adults are needed to volunteer as coaches. If you are able to coach or assistant coach, please let us know when you register. Times may vary depending on the number of players and teams.

Dates: 12/4– 2/26 (10 weeks)
Day: Saturday Fee: \$80.00
Time: 1:00 – 3:00 p.m. Place: BHS
Supervisors: Steve Kolitz and Jason Maxwell

Boys' Basketball – Grades 6/7 and 8/9

An evaluation clinic for boys in grades 6/7 and 8/ 9 will be held on December 4. Teams will be made and will be followed by nine weeks of league play. Teams will play in one game each Saturday, and have scheduled practice time on Saturday as well. Again this year, we will be using adult “patched” referees. **On 12/4, all 6 & 7 graders are to report at 9:00 a.m. until 10:30 a.m. On 12/4, all 8 & 9 graders are to report at 10:30 a.m. until 12:00 p.m.** Adults are needed to volunteer as coaches. If you are able to coach or assistant coach, please let us know when you register. Times may vary depending on the number of players and teams.

Dates: 12/4 – 2/26 (10 weeks)

Day: Saturday Fee: \$80.00
Time: 8:00 a.m.- 1:00 p.m. Place: BHS
Supervisors: Steve Kolitz and Jason Maxwell



Community Connection

Join us at the Brookfield Library for the Annual Friends Book Sale

Thursday, Sept 30 10 - 5 \$15.00 admission
 Fri. & Sat., Oct. 1 - 2 10 - 5 free admission
 Sunday, October 3 12 - 4 free admission
 **Monday, October 4 10 - 5 free admission

and bag day - bags provided - full bag \$5.00**

Thousands of books for children, teens and adults!



The Brookfield Arts Commission invites the community to participate in the Third Annual Gingerbread House Contest. Every family, club and business in Brookfield is invited to enter the contest. The contest is strictly for entertainment

purposes and all entries must be "G" rated. Important dates: Entries will be accepted at Town Hall from Monday, November 29, through Saturday December 4 when the judging takes place. Our professional team of judges will award certificates in a variety of categories and all participants will receive a certificate of recognition. The entries will then remain on display through out the month of December. Look for more details in the Housatonic Times or our website: www.brookfieldartscommission.org.

Frequently Requested Phone Numbers

Boy Scouts	Ray Pflomm	775-8167
Brookfield Baseball & Softball	Field Hotline	775-5238
Brookfield Education Foundation (BEF)	Carol Does	775-8965 www.brookfieldeducationfoundation.org
Brookfield for Youth Football & Cheer	Kyle Sanborn	775-0171 Field Hotline 775-5241
Brookfield Lacrosse	Kevin Madden	775-4434 Field Hotline 775-5240
Brookfield Soccer	Field Hotline	775-5239
Candlewood Lake Authority	Larry Marciano	860-354-6928
CT DEP Boating Div.		860-434-8638
Conservation Commission	Alice Dew	740-2419
Garden Club	Jan Stanco	775-0357
Girl Scouts	Julie Blick	740-9015 blickjulie@charter.net
Lion's Club	Joe Rocky	775-4340
MOMS Club® of Brookfield West	Anna Chan	885-0030 momsclubofbrookfieldwest@yahoo.com
Brookfield Newcomers and Neighbors		www.brookfieldnewcomers.com P.O. Box 263
Rotary Club	Russ Cornelius	775-8010
Senior Center	Ellen Melville Beth Hoolehan	775-5308
Women's Club of Brookfield	Cathy Nielsen Karen Symington	775-4452 775-3115
Youth Employment	Donna	775-7310

September is National Senior Center Month

Why not come to Brookfield Senior Center and try something new?

Let's Play Evenings: Wednesday September 8th and Wednesday September 22nd at 6:00p.m. Join friends, old and new, for an evening of cards and games.

Sharps and Flats: Brookfield Senior Center's very own singing group will begin practice on Thursdays in September at 9:30a.m. New members welcome – no experience necessary – just a willingness to sing and have fun and make new friends. Please sign up so we can give you our practice schedule.

Tai Chi with Susan Bradley: Wednesdays at 9:45a.m. Susan brings a rich depth of knowledge and experience to this class. Tai Chi is one of the most effective exercises to strengthen balance and reduce your risk of falls.

Strength and Balance class with Kathy

Creighton: Fridays at 10:15a.m. Join Cathy for a fast paced half hour of strength and balance work. Class is appropriate for all levels.

Computer Program: Brookfield Senior Center is seeking instructors/tutors: In order to offer new and exciting classes, we need YOU! If you are able to teach or even assist please contact Ellen or Beth at the center (203-775-5308). If you have ideas for additional classes (either series or one-shot classes) please let us know. You will enjoy working with our dedicated group of computer volunteers.

Trips and Tours

Sunday November 7th – Bye Bye Birdie at Warner Theatre. Includes lunch with all the trimmings at San Marino Restaurant (Grilled Porkchop, Stuffed Sole or Chicken Marsala) followed by Bye Bye Birdie at Warner Theatre. Cost: \$80pp/departs 10:45a.m.

December 7th – Cratchit's Christmas at the Cornerstone Playhouse in Mystic Village & Mohegan Sun Casino. Includes a \$15 food voucher plus a \$15 surprise casino bonus! Enjoy a matinee performance with all the joy and music of the season. Cost: \$65pp/departs 8:00a.m.

December 19th – UCONN Womens Basketball at Madison Square Garden, New York City. You will be dropped off in Herald Square where you can shop at Macy's, lunch on your own and head over to Madison Square Garden for the Maggie Dixie Classic between UCONN and Ohio State. A day to remember! Cost \$60pp.

Contact Brookfield Senior Center for more information (203-775-5308)

Parks Reinvestment Program round two...

What's happening with our Parks Reinvestment program you ask?

Funny you should ask. After being narrowly defeated by about 160 votes back in April of 2010, we've decided to go back to the drawing board and bring a new version of the plan back to the people just after the New Year (probably a referendum in mid to late January 2011). After hearing from many residents over the past several months it was determined that some revisions needed to be made to the overall plan including the idea of providing choices on individual projects as opposed to the "all or nothing" scenario.

So what will be different this time?

- Well for starters Residents will be asked whether or not they support three individual projects this time and not one lump sum for multiple projects.
- The three projects will include; Kids Kingdom play area replacement, Cadigan and Town Park renovations and the funding to complete the Still River Greenway (multi-use walking, jogging, bike path).
- The Town of Brookfield will be able to reduce the cost for the Town Beach renovations by \$750,000 thanks to a grant from Governor Rell and the State Bonding Commission.
- Further cost reductions to the Town Beach and Cadigan Park project as buildings are being redesigned in response to input received from the community.
- Still River Greenway: The balance of the funding will be determined by mid-September 2010 and residents will have the opportunity to vote on the number to complete the project.
- Kid's Kingdom playground: A conceptual plan will be rolled out by the end of September 2010 and will include an interactive "fly by" with details of all proposed elements and play structures. Residents will be invited to provide input toward the final design of this Town treasure.

How can I provide input?

I encourage all interested residents to keep their eyes open for opportunities to voice likes or dislikes in the coming months at a variety of public meetings.

How do I stay informed about what is being proposed?

Look for updates on the Town website @ www.brookfield.org

Many, many more details to follow, and don't forget to vote on this Parks Referendum in January.

Dennis DiPinto
Director

Registration Information



By phone when paying by VISA, Master Card, or American Express. Call 775-7310 and press 3 to speak with a staff person. Registration by phone for all fall programs begins Monday, September 13.



By mail, complete the registration form below, and mail to the Parks & Recreation Dept. along with your check or credit card information. Enclose a self-addressed stamped envelope if you would like a receipt. You may mail in your registration for fall programs at any time.



In person at the Brookfield Municipal Center, 100 Pocono Road. The Parks & Recreation Office is open Monday through Friday, 8:30 a.m.-4:30 p.m. When you enter the Town Hall, make a right, and we are the last office on the left. You may register in person for fall programs anytime during office hours.

REGISTRATIONS

- 1) Will be accepted in person, by mail, or over the phone on a first come, first served basis. Full payment must accompany registration.
- 2) If you would like a receipt from a mail-in registration, enclose a self-addressed, stamped envelope.
- 3) A \$25.00 charge will be assessed on any returned checks.
- 4) **Non-Brookfield residents will be accommodated beginning 2 weeks prior to the start of a program with payment of a \$5.00 surcharge.**

REFUND POLICY

- 1) Registrations may be canceled up to one week prior to a program's starting date.
- 2) No refunds will be given once a program has begun, unless a substitute can be found by this department, or unless there is a medical emergency.
- 3) Absolutely no refunds will be given for any used portion of a program.
- 4) All refunds are subject to a 10% administrative surcharge.

PROGRAM CANCELLATION POLICY

Parks & Recreation reserves the right to cancel any program due to lack of participation. Approximately one week prior to the start date for each program, a definite decision will be made to cancel or run the program.

CLASS INFORMATION

The Brookfield Parks & Recreation Department follows the school schedule for many of our classes. Please check with the Office if you are unsure whether or not a class will meet.

In the event of inclement weather cancellations or early release from school, evening classes will also be canceled.

✂Cut and mail with payment to:

Brookfield Parks & Recreation P.O. Box 5106 Brookfield, CT 06804

Make check payable to: Town of Brookfield

BROOKFIELD PARKS & RECREATION REGISTRATION FORM

Responsible Person: _____

Home Phone: _____

Address: _____

Work Phone: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Program Title	Session	Registrant's Name	D.O.B.	Grade-Fall 10	Fee
			/ /		
			/ /		
			/ /		
			/ /		
			/ /		

Total: _____

I hereby give permission for myself/my child to participate in this activity and assume the risk thereof and I do covenant for myself, my child, our heirs and assignees at all times to keep the said Parks and Recreation Commission and the Town of Brookfield free, harmless and indemnified from any and all liability for any injury myself/my child might sustain as a result of said participation.

Responsible Person Signature: _____ Date: _____

Payment Information: Cash: \$_____ Check: \$_____ Check #:_____ Initials:_____

Credit Card (circle one)	Amount	Card Number	Exp. Date	Auth. Number	Initials
M/C Visa Amex	\$		/		



PRST STD
U.S. Postage
PAID
Permit #69
Brookfield, CT

P.O. Box 5106 Brookfield, CT 06804
(203)775-7310

RECREATION STAFF:

Dennis DiPinto, Director
Mary Knox, Recreation Supervisor
Donna Korb, Administrative Assistant

POSTAL PATRON

PARKS MAINTENANCE STAFF:

Chris Rabuse, Parks Supervisor
Chris Shaw, Crew Leader
Rob Haggerty
Craig Renda



The Brookfield Parks & Recreation Department does not discriminate on the basis of race, color, national origin, gender, religion, age or disability in provision of programs and services. Individuals with disabilities are encouraged to register.

COMMISSION:

Mark Kettunen, Chairman
Ed Butt, Co-Vice Chairman
Sara Kincade, Co-Vice Chairman
Rob Blick Joei Grudzinski
Dave Keefe
Elaine Rajcula, Commission Secretary

The Brookfield Parks & Recreation Department is complying with the Americans with Disabilities Act (ADA) Public Law 101336. The law addresses issues of accessibility of facilities and programs. Provisions of reasonable program accommodations will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

WHAT'S INSIDE...

Adult Education	p. 4-6	Adult Fitness	p. 7-10
Brookfield High School	p. 15	Center School Activities	p. 11
Community Connection	p. 17	Decorative Arts	p. 6
Get Out of Town	p. 3	How to Register	p. 19
Huckleberry Hill Activities	p. 12-13	Outdoor Adventure	p. 3
Parks Reinvestment Update	p. 18	Senior Center Activities	p. 17
Special Events	p. 2-3	Tots Activities	p. 10-11
Whisconier Activities	p. 14-15	Youth Basketball Leagues	p. 16

Registration for fall programs begins Monday, September 13